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Be all you can be, in the library

Makerspace arrives this spring, with 3D printers, video-editing tools and a laser cutter PAGE 6

Norwegian shiksa causes uproar

Israeli PM's son's girlfriend is not Jewish, and some right-wing politicians are upset PAGE 8

Members of the Ottawa police tactical unit walk away from a home on Arlington Avenue Monday. TREVOR GREENWAY/METRO

Ottawa police raid home

Search for Steele-Morin? Lead suspect in murder case still at large on Monday

TREVOR GREENWAY
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Police in Ottawa raided a home on Arlington Avenue Monday while searching for a suspect, but no arrests were made.

Cops were reportedly looking for Philippe Steele-Morin, the lead suspect in the slaying of 36-year-old Tricia Boisvert, who was found dead in a wooded area in Quyon, Que. last week, but Ottawa Police would not confirm that when asked.

Montreal police confirmed Monday afternoon that Steele-Morin is still at large.

The Ottawa police tactical squad showed up to a home at 340 Arlington Ave. with rifles drawn. Neighbours say they kicked in the front door and detained two men before letting them go.

"Two gentlemen came out, one had a dog, they were probably in their 40s or maybe 50s," said Graham Beardsley, who lives directly across the street.

"The cops took them away, they did their search and then after that they let them go."

Beardsley said he has seen a lot of people come and go into the home, but doesn't know who lives there. Almost a dozen officers stormed the home around noon.

Gatineau police say they have been searching for Steele-Morin since July 16, 2013. He was wanted in connection with a domestic case, but the complainant was not Boisvert.

He's wanted on charges of assault, motor vehicle theft, mischief and failure to comply with a probation order and his criminal record dates back further.

Steele-Morin is originally from Masham, Que. but he was more recently living in Gatineau.

Anyone with information about Steele-Morin can call 911 or the Info-Crime Montreal line at 514-393-1133. Calls can be made anonymously and will be treated confidentially.

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Province gives $8.8M boost to acute senior care at QCH

ACE unit. New centre will mean extra beds, more health-care jobs

JOE LOFARO
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Premier Kathleen Wynne announced Monday that the province is providing $8.87 million to help build a "state-of-the-art" acute-care unit for seniors at the Queensway Carleton Hospital.

The Acute Care for the Elderly (ACE) Unit will house 34 beds for seniors and include a common dining and activity room. It is expected to take two years to build the $9.6-million facility.

The hospital is hoping to raise funds within the community for the remaining cost.

The province says the number of people over 65 in Ontario will more than double from 1.9 million now to more than 4 million in 2036.

The idea behind ACE is to bring the most frail and vulnerable patients to the front of the line to receive care, said Dr. Fraser Miller.

"When I moved here in '89, we have seven retirement homes in the community and at that time some of them were struggling to remain open," said Miller. "Twenty-odd years later, we have 27 and there's certainly no shortage of clientele."

The focus on elderly care post-emergency room is something that standard medical practice has overlooked, he said.

Premier Kathleen Wynne and MPP for Ottawa West-Nepean Bob Chiarelli visit a patient at the Queensway Carleton Hospital on Monday. JOE LOFARO/METRO

Wicked weather leads to dozens and dozens of crashes across the region

High winds, snow squalls and cold played havoc with Ottawa-area roads Monday. Emergency crews are seen dealing with one of two tractor trailers that slid off Highway 417 near Roger Stevens Drive on Monday morning. Local police reported 115 crashes between 5 a.m. and 1:30 p.m. Environment Canada issued a windchill warning for Monday and Tuesday that could see temperatures drop as low as -40 C. The cold was ushered in by northwesterly winds from the Arctic. Environment Canada warned of gusts of up to 60 km/h. COURTESY BRENT CORBEIL/99.7 BOOM FM

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Laureen Harper tours Aboriginal centre facility

Wabano Centre.
Programs help youth find sense of belonging, raise self-esteem

JOE LOFARO
joe.lofaro@metronews.ca

It's been nearly two years since the Wabano Centre for Aboriginal Health in Vanier received a $15,000 grant from Bell's Let's Talk Community Fund and it is looking for donations to help a growing Aboriginal population.

As a prelude to Bell Let's Talk Day, Wabano invited Laureen Harper, wife of Prime Minister Stephen Harper, to tour the facility on Monday to learn how the 2012 funding from Bell helped Aboriginal youth. Bell said it will donate five cents to mental health initiatives for every text message sent and mobile and long distance made by a subscriber on Tuesday.

Mental health, particularly among youth, is a concern for the Aboriginal community, officials at the centre said. Wabano's mental-health director, Dr. Marianna Shturman, led a study in 2012 and 2013 of more than 300 Aboriginal youth in the Champlain area.

The study found that Aboriginal youth reported higher rates of depression, anxiety, suicidal thoughts and substance abuse than their non-Aboriginal peers. Allison Fisher, Wabano's executive director, said the $15,000 grant had a "tremendous" impact on the youth who were reconnected with their roots in their ancestral communities. Youth were removed from city life and participated in camping and canoeing trips as well as igloo building tutorials.

"They're not connected in the city," said Fisher. "They need a place like Wabano to support them through their school years."

Carlie Chase, Wabano's director of initiatives, said those culturally relevant activities helped because they provided self-esteem and a sense of belonging, and allowed them to make better choices in their lives.

But with a waiting list of about one to three months, the centre is hoping people will raise awareness about mental health services and participate in Bell's campaign. "The small shift that Bell is initiating, and other corporations, really makes a difference," she said.

Laureen Harper looks at Aboriginal figures used for sand therapy during a tour of the mental-health clinic at the Wabano Centre for Aboriginal Health in Ottawa on Monday. JOE LOFARO/METRO

Youth meeting in Ottawa set sights on Arctic

Youth Arctic Council Executive Director Graham May is seen speaking at the group's launch event in Lofoten, Norway last summer. CONTRIBUTED

As countries flex their muscles over Arctic governance, a group of young people also have their eyes set on the north.

The Youth Arctic Council (YAC) is still in its infancy, but members are trying to educate young people around the world on the northernmost region of the Earth.

The YAC will have its inaugural conference at the Canadian Museum of Nature this weekend, with delegates attending from around the world both in person and via video. MP Nathan Cullen will be among the speakers.

"I think it's incredibly important to have as many youth as possible involved in this emerging area," said Brenna Owen, communications director for the YAC.

While the organization has yet to nail down a specific mandate, Owen said the priority is to educate youth on issues including governance, the environment, indigenous rights and resource exploration. Its nine directors are largely from Scandinavia and Canada, but Owen said they are hoping to get youth from Russia and the United States involved too. The YAC board regularly meets via Skype to discuss Arctic issues.

"Country to country, Arctic state to Arctic state, issues do vary," said the 21-year-old.

She said YAC has had an "overwhelming" response to its inaugural conference. Organizers hoped for about 30 delegates — but there will be a total of 90. The weekend event is backed by a $40,000 grant from the Norwegian Ministry of the Environment.

The YAC is independent, but is partnered with several organizations, including Students on Ice, a Gatineau-based group that leads youth on Arctic and Antarctic expeditions.

For more information, contact info@youtharcticcoalition.org. LUCY SCHOLEY/METRO

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Ann Thomas, photography curator at the National Gallery of Canada, talks about an upcoming photo exhibit that will commemorate the 100th anniversary of the First World War. LUCY SCHOLEY/METRO

Art exhibit offers a vivid window into battlefields

First World War photos. National Gallery to capture the personal and political: Curator

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A photograph might say a thousand words, but a picture of wartime can't fully describe the experience on the battlefield.

"It doesn't show the stench, the screams, the dirt of war, the fact that you can end up being buried alive in mud on a battlefield," said Ann Thomas, a curator at the National Gallery of Canada. "But (photos) can bring us another aspect, another perspective on war."

With hundreds of photographs of the First World War — including pictures of soldiers on the battlefield, in uniform before venturing overseas and war propaganda — Thomas is hoping to depict both the personal and political perspective of wartime.

The Great War: The Persuasive Power of Photography will be exhibited at the National Gallery of Canada this summer. It's among the 2014 lineup of exhibits announced on Monday.

"It is quite a rich program," said Paul Lang, chief curator and deputy director of the National Gallery of Canada.

He said they chose the war photograph exhibit to commemorate the 100th anniversary of the First World War.

The Great War: The Persuasive Power of Photography will be at the National Art Gallery June 25 until Nov. 17.

A stretcher-bearer and German prisoner dress a wounded Canadian at the capture of Arleux, France in April 1917. COURTESY NATIONAL GALLERY OF CANADA

Also this summer

Gustave Doré: Master of Imagination will be on display June 13 until Sept. 14.

- **Gustave who?** Doré was a 19th-century French painter and sculptor whose works inspired many modern filmmakers.
- **Why his art matters.**"The National Gallery of Canada has a tradition of monographic exhibitions dedicated to major French artists of the 19th century, but what we realized is that there have been, in the past years, mainly impressionists or pre-impressionists or post-impressionist artists," said Lang. "I think it's important for our public to remind them that there was not only impressionists in the second part of the 19th century."
- **Gallery goes digital.** Also ahead this year is a free mobile app. Art lovers will be able to peruse 52 art pieces on the app, starting in the spring.

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Library makes room for makers

Innovation.
Centrepointe branch will open makerspace equipped with 3D printer and laser cutter

This spring, the Ottawa Public Library is hoping to attract a new breed of patron to its Centrepointe branch: makers.

In what's now a nearly empty storage room tucked away next to the teen zone, the library is building a modern fabrication centre for people to learn skills and use tools that until recently were only used by large manufacturers.

The "makerspace" will boast a 3D printer, video-editing equipment and a laser cutter, among other tools. The space will host workshops or training sessions, and provide time for people to tinker, with supervision, said Ottawa Public Library CEO Danielle McDonald.

"It's really about learning a different way," she said. "The library should have a greater role in teaching and collaboration."

The maker movement has been growing in Ottawa, said local maker Jeff Ross.

"When you're talking about the library … it's open and accessible to the community; it's a place where you learn new things and it's a place to share knowledge and pass it along," said Ross. "There is a natural affinity (to the maker movement), I think."

Ross has attended workshops on setting up makerspaces and has been involved with advising the library on its project.

Luc Lalande, another local maker involved in the project, is hoping the library's makerspace leads to a proliferation of similar facilities in Ottawa. There is already a similar concept at Art Engine, which operates workshops at Arts Court.

Lalande says he wants to help out because he has a soft spot for re-engaging the community with the physical library.

"It's quite innovative for the library to do something like this," Lalande said. "Institutions can be pretty resistant to change."

The one-year makerspace pilot project is a partnership with the U.S. Embassy, which is providing $58,000 to purchase equipment, tools and computers and will pay for room preparation and programming. The library will provide the space and funding for staff to manage and oversee the activities and programs.

TORSTAR NEWS SERVICE

Ottawa Public Library CEO Danielle McDonald poses in the room that will soon be transformed into Ottawa's first true makerspace — a centre for hands-on learning and fabrication. TORSTAR NEWS SERVICE

Ottawa's maker scene

In the last decade or so, a community of "makers" has sprung up. They use new tools like three-dimensional printers and laser cutters to produce anything from small art sculptures to missing parts to fix everyday gadgets used in the home.

- "There is something that appeals to people at a really profound level and that's to make something with your own hands," says local maker Luc Lalande.

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MP Olivia Chow brings new memoir to Ottawa

When Jack Layton died in 2011, Olivia Chow turned to books.

She took comfort in the memoirs of widows like Joan Didion and Joyce Carol Oates. She started writing about her own experience losing her husband and leader of the New Democratic Party to cancer. And she compiled those notes into her memoir, My Journey.

"It was really difficult, reliving some of those experiences," said the MP for Toronto's Trinity-Spadina, who will be in Ottawa Tuesday to talk about her book.

My Journey dips into the political and the personal. Chow describes her difficult childhood and moving from Hong Kong to Toronto at age 13. Her father, she says, unable to find work, plunged into depression and violently lashed out at her mother.

Chow worked two part-time jobs as a cashier and waitress, studied hard and worked as a painter for an artist. She earned a degree in fine art and philosophy, and then turned to activism during the post-Vietnam War humanitarian crisis in 1979.

Chow was first elected as a school trustee in 1985. That same year, she met Layton — then a Toronto councillor — at a fundraiser for a local hospital. The two shared common political goals and a love of the outdoors. Chow later joined Layton on city council, and the two were eventually elected with the federal NDP — he in 2004 and she in 2006.

Chow said the last few chapters of the book about Layton's death were the most difficult to write, but hopes her words will help.

"If the book can provide some comfort to others, then it's worth the difficult times I had."

There has been speculation that Chow will run for mayor of Toronto in this year's election. She said she's still considering it.

LUCY SCHOLEY/METRO

Olivia Chow's new memoir, My Journey CONTRIBUTED

Details

Olivia Chow will be talking about her book My Journey on Tuesday, Jan. 28 at 7 p.m. at Centretown United Church, 507 Bank St.

- Tickets cost $15 in advance or $20 at the door.
- It's the first event this year for the Ottawa Writers Festival.

Will it be ready? Canadian course builder leaves 'thrown together' Sochi

A Vancouver ski and snowboard course builder has left Russia after a less-than-stellar welcome to the Olympics.

Johnnie Balfour was hired to help shape courses for the 2014 Sochi Games, but decided not to stick around after a few days living in a dirty hotel room, commuting for two hours along flooded streets and questioning whether he'd be paid, according to his blog.

"I for one can't afford to take the gamble and hope that I will be paid. It is just too big of a risk for me," he wrote in a post that went viral.

Johnnie Balfour
TUMBLR.COM

Balfour also doubted whether Sochi would be ready for the Olympics' Feb. 6 start date.

"This entire place was built in the last few years. It looks nice at first glance but look a little closer and you can see that it was just thrown together."

EMILY JACKSON/METRO IN VANCOUVER

Florida

Suspect sought in death of Canadian

Florida police have issued an arrest warrant for a suspect in the death of a Canadian tourist, identified as 58-year-old Domenico Perruccio.

THE ASSOCIATED PRESS

Arizona

Calgary base-jumper dies in fall

A base-jumper killed in a fall in Arizona has been identified as a Canadian physician. Police say the body of Dr. David Stather of Calgary was recovered Saturday. THE ASSOCIATED PRESS

Manitobans staying warm after natural-gas blast

Resiliency. Many residents get creative after pipeline explosion leaves them without heat for third day

TransCanada crews work on a gas pipeline leak that occurred outside Otterburne, Man., Monday. JOHN WOODS/THE CANADIAN PRESS

Many of the 4,000 residents of southeastern Manitoba affected by a natural gas pipeline explosion proved to be creative and resilient as they entered a third day without heat Monday.

Steve Cope was using an electric fireplace and space heaters to keep his Niverville home warm as the temperature outside dipped to near -30 C.

"One (heater) we've got actually facing the cold-air return on our furnace, so it's kind of blowing that air into that cold-air return. And we have the fan running on the furnace so it's kind of circulating throughout the house," Cope said.

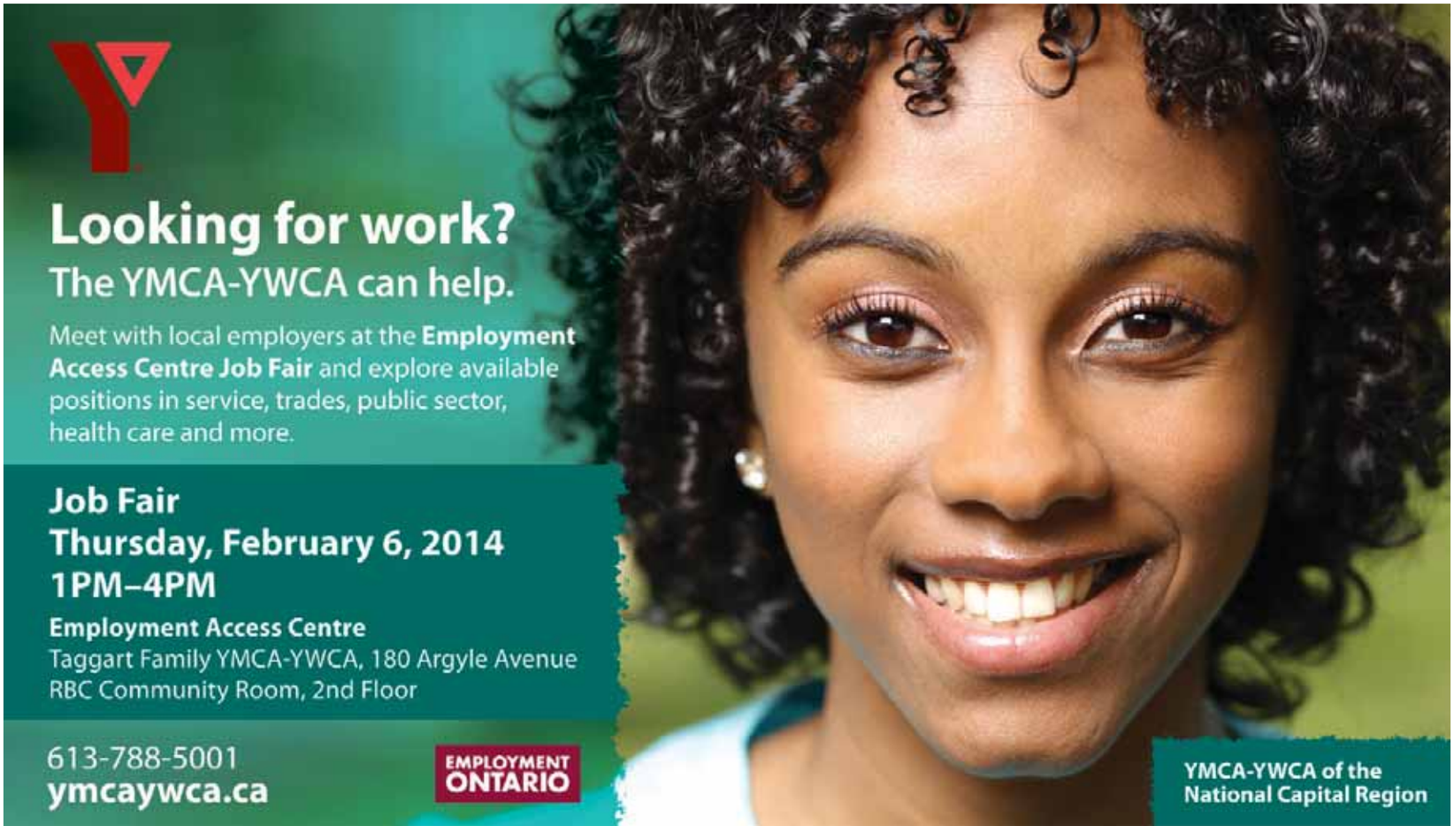
TransCanada Pipelines vice-president Karl Johannson said the company hoped to have natural gas service restored by Tuesday. He suggested some communities could have gas back by Monday night.

There were no reports of injuries from the fiery blast, but Johannson apologized and promised that the company would cover any direct losses people experienced. He thanked neighbours for helping each other by sharing space heaters and accommodation.

Municipalities in the region had set up warming centres, but they were virtually empty.

"It's great news because it means people have been very self-sufficient," Hanover municipality spokeswoman Heather Chambers Ewen said.

THE CANADIAN PRESS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Netanyahu's son dating a non-Jew from Norway

Israel. News causes uproar from religious lawmakers against intermarriage

Israeli PM Benjamin Netanyahu, centre, with his sons Yair, background, and Avner, right, at the Western Wall. URIEL SINAI, POOL, FILE/THE ASSOCIATED PRESS

The love life of Prime Minister Benjamin Netanyahu's son is setting off sparks — in Israeli politics.

News that 23-year-old Yair Netanyahu is dating a statuesque non-Jewish Norwegian university student was not only a juicy item for the gossip pages. It also unleashed an uproar from religious lawmakers opposed to intermarriage, and prompted debate over the Jewish state's relationship with the outside world.

According to reports in Norwegian media, the Israeli prime minister boasted to his Norwegian counterpart, Erna Solberg, about the relationship during a meeting at the World Economic Forum in Davos last week and informed her that his son recently visited Norway with his girlfriend, Sandra Leikanger.

A photo of the smiling young couple appeared in Israeli and Norwegian papers.

On Monday, the leader of the ultra-Orthodox Shas party said he believed the relationship actually caused Netanyahu and his wife great "heartache." Arieh Deri told a local radio station the relationship was no mere personal matter because Netanyahu is a "symbol of the Jewish people."

Netanyahu's office declined to comment, as did Leikanger. THE ASSOCIATED PRESS

U.S. Supreme Court

No pay to change clothes

The top U.S. court says steelworkers do not have to be paid for time they spend putting on and taking off protective gear they wear on the job.

The court was unanimous Monday in ruling in favour of United States Steel Corp. over workers' claims that they should be paid. THE ASSOCIATED PRESS

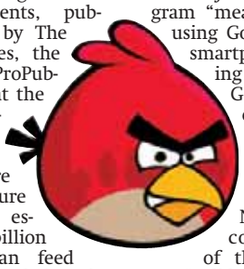
Journalistic cheat

No law licence for disgraced journalist: Court

The California Supreme Court denied a law licence to a former journalist who was caught fabricating dozens of stories. The court ruled that Stephen Glass, 41, had insufficiently rehabilitated himself in the years since his misdeeds. THE ASSOCIATED PRESS

NSA. Spy agencies using apps like Angry Birds to get data, docs suggest

Documents leaked by former NSA contractor Edward Snowden suggest that spy agencies have a powerful ally in Angry Birds and a host of other apps installed on smartphones across the globe.



The documents, published Monday by The New York Times, the Guardian, and ProPublica, suggest that the mapping, gaming, and social networking apps which are a common feature of the world's estimated one billion smartphones can feed America's National Security Agency and Britain's GCHQ with huge amounts of personal data, including location information and details such as political affiliation or sexual orientation.

The size and scope of the program aren't publicly known, but the reports suggest that U.S. and British intelligence easily get routine access to data generated by apps such as the Angry Birds or Google Maps.

The joint spying program "means that anyone using Google Maps on a smartphone is working in support of a GCHQ system," one document from the British eavesdropping agency is quoted as saying. The NSA said that the communications of those who were not "valid foreign intelligence targets" were not of interest. "Any implication that NSA's foreign intelligence collection is focused on the smartphone or social media communications of everyday Americans is not true," NSA said. THE ASSOCIATED PRESS

Italy

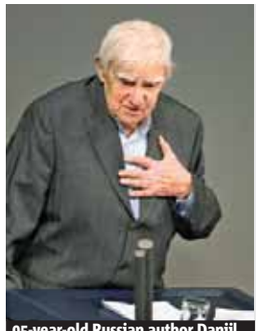
Italian officials condemn threats against Jews

Italy's president has condemned threats against Rome's Jewish community in recent days, including the delivery of packages containing pig heads, as a "miserable provocation".

President Giorgio Napolitano said Monday during Holocaust Memorial Day commemorations that recent insults to the Jewish community are "comparable only to the repugnant material in those packages." Police have detained two men.

THE ASSOCIATED PRESS

Holocaust. Victims of the Nazi army's siege of Leningrad honoured



95-year-old Russian author Daniil Granin at Germany's Parliament. AP

German lawmakers have honoured the victims of the Nazi army's three-year siege of Leningrad as part of this year's Holocaust Remembrance Day.

Daniil Granin, a 95-year-old Russian survivor, recounted in a speech to the German Parliament on Monday how thousands of people died of starvation each day during harsh winters in Leningrad, now the Russian city of St. Petersburg.

The siege began in September 1941.

THE ASSOCIATED PRESS

Auschwitz 69 yrs after liberation

Survivors arriving at a ceremony marking the 69th anniversary of the liberation. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Survivors, Israeli officials. Ceremony at the Auschwitz-Birkenau memorial marks the notorious camp's liberation

A European Jewish leader condemned anti-Semitism as a crime on Monday as Auschwitz survivors and Israeli officials marked 69 years since the liberation of the Nazi death camp.

The ceremony at the Auschwitz-Birkenau memorial took place on International Holocaust Remembrance Day, established by the United Nations in memory of some six million Holocaust victims, and some 1.5 million victims of Auschwitz, who were mostly Jews.

Quoted

"We must assure our children and future generations that a different world, full of hope and free of fear can be built."

Yariv Levin, Israeli coalition leader

Some 20 survivors walked through the gate that bares the infamous "Arbeit Macht Frei" (Work Makes You Free) sign and laid a wreath at the former camp's Executions Wall, where the inmates, mainly Polish resistance members, were shot to death.

Half of the Israeli legislature joined the survivors for the observances that included visits to the red brick Auschwitz barracks which house a collection of the victims' belongings and hair, and a list of names of Jews who perished. In a ceremony in Birkenau they heard from a survivor.

THE ASSOCIATED PRESS

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A protester guards the barricades in front of riot police in Kyiv on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine president offers to scrap anti-protest laws

The government steps back. Eliminating the laws will likely be done in a special parliament session Tuesday

Ukraine's beleaguered president on Monday agreed to scrap harsh anti-protest laws that set off a wave of clashes between protesters and police over the past week, a potentially substantial concession to the opposition that stopped short of meeting all of its demands.

In a possibly major sticking point, a proposed amnesty for arrested protesters would not be offered unless demonstrators stopped occupying buildings and ended their round-the-clock protests and tent camp on Kyiv's central Independence Square, according to a statement by Justice Minister Elena Lukash on the presidential website.

President Viktor Yanukovych has been under increasing pressure since he pushed the tough laws through parliament, setting off clashes and protests in other parts of the country in a sharp escalation of tensions after weeks of mostly peaceful protests over his rejection of a deal to deepen ties with the 28-nation European Union.

At a meeting between top opposition figures and Yanukovych late Monday "a political decision was made on scrapping the laws of Jan. 16, which aroused much discussion," Lukash said.

She made no mention of a key opposition demand — that Yanukovych resign.

One of the opposition figures, Arseniy Yatsenyuk, turned down the prime minister's job, which Yanukovych had offered him on Saturday, the statement said.

THE ASSOCIATED PRESS

Harper's piece

Prime Minister Stephen Harper expressed concern Monday that Ukraine is backsliding toward its communist past under the Soviet Union.

- Harper's remarks represented a dig at Russian President Vladimir Putin, who has been accused of exerting pressure on Ukraine President Viktor Yanukovych to curb his country's overtures to the West.

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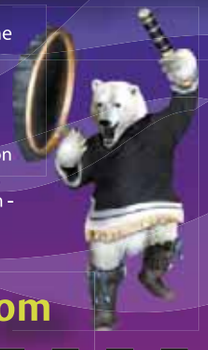

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Syria. Senior figure in al-Qaida-linked group reportedly killed

A senior figure in an al-Qaida-linked group in Syria has been killed in a bloody dispute with rival rebel factions that has raged for more than three weeks across opposition-held parts of the country, activists and an Iraqi intelligence official said Monday.

Heavy fighting between the Islamic State of Iraq and the Levant and rival rebels has left more than 1,400 people dead across northern Syria since Jan. 3. The clashes, which erupted after months of growing resentment against the Islamic State's heavy-handed tactics in the territory under its control, are the most serious among the opponents of Syrian President Bashar Assad since the country's civil war began.

The senior militant, an Iraqi who went by the nom de guerre of Haji Bakr, was killed earlier this month in the town of Tal Rifaat in the northern province of Aleppo, according to the Britain-based Syrian Observatory for Human Rights monitoring group. That corresponded to reports provided by two activists based in the city of Aleppo, Hassan Kattan and another who spoke on condition of anonymity for security reasons.

THE ASSOCIATED PRESS

Chemical weapons

On Monday, the international mission ridding Syria of its chemical weapons said a second batch has been removed from the country.

- The UN and the Organisation for the Prohibition of Chemical Weapons said the materials were verified before being loaded onto Danish and Norwegian ships and taken out of the country.

Tunisia. Progressive new constitution passed

After decades of dictatorship and two years of arguments and compromises, Tunisians finally have a new constitution laying the foundations for a new democracy.

The document is groundbreaking as one of the most progressive constitutions in the Arab world — and for the fact that it got written at all. It passed late Sunday by 200 votes out of the 216 seats in the assembly of the Muslim Mediterranean country that inspired uprisings across the region after overthrowing a dictator in 2011.

"This constitution, without being perfect, is one of consensus," assembly speaker Mustapha Ben Jaafar said after the vote. "We had today a new rendezvous with history to build a democracy founded on rights and equality."

In a statement, U.N. Secretary-General Ban Ki-moon said that "Tunisia can be a model to other peoples who are seeking reforms."

THE ASSOCIATED PRESS

Members of the Tunisian National Constituent Assembly celebrate the adoption of the new constitution in Tunis, Tunisia on Sunday.

AIMEN ZINE/THE ASSOCIATED PRESS

Brazil

Many dead, injured after bus-bulldozer crash

Brazilian authorities say 14 people were killed after a passenger bus slammed into a bulldozer that had fallen from a truck transporting it. Police say the accident happened in the northeastern state of Bahia. Local media reports citing hospital officials say at least 21 people were also injured.

THE ASSOCIATED PRESS

Trierweiler

French ex-first lady reappears

In her first public appearance since the French president broke up with her, Valerie Trierweiler bristled Monday when asked about her future during a charity visit to India and said, "don't worry about me." Trierweiler did not address the scandal directly during a news conference with Action Against Hunger.

THE ASSOCIATED PRESS

Public knowledge

Crime records go online in Sweden

A website that lets Swedes check each other's criminal records has sparked a debate about the privacy of ex-convicts and their right to move on with their lives. Such databases are available in the United States, but aren't common in Europe, where privacy protection laws are typically stricter. By searching the Lexbase database, users can find out if a person has been convicted of a crime in the past five years. THE ASSOCIATED PRESS

Nigeria

Dozens killed in rebel attacks

Suspected Islamic extremists used explosives and heavy guns to attack a village and worshippers during a Christian church service in Nigeria's northeast, killing at least 99 people and razing hundreds of homes, officials and witnesses said Monday. THE ASSOCIATED PRESS

Advertisement

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Advocacy groups call out Bell for data collection

Consumer rights. Gathering the watching, clicking and calling of wireless customers who pay for telecom service has led to complaints

Consumer groups are challenging Bell Canada's tracking of how its wireless customers use the web, what they watch on TV and their phone call patterns in order to deliver targeted online advertising.

Bell is going beyond its role as a provider of telecom services, according to the Public Interest Advocacy Centre and the Consumers' Association of Canada.

"What you're paying for is an uninterrupted telecom service, not for an ad-based service supported by behavioural targeting, which is the Facebook-Google model," lawyer John Lawford of the Public Interest Advocacy Centre said Monday.

The consumer groups have filed a complaint with the Canadian Radio-television and Telecommunications Commission, describing the practice as an abuse of privacy. They want Bell to be ordered to stop collecting the data.

The CRTC said it was studying the complaint and wouldn't comment further.

The Office of the Privacy Commissioner of Canada said Monday that it has received more than 150 complaints about Bell's data collection.

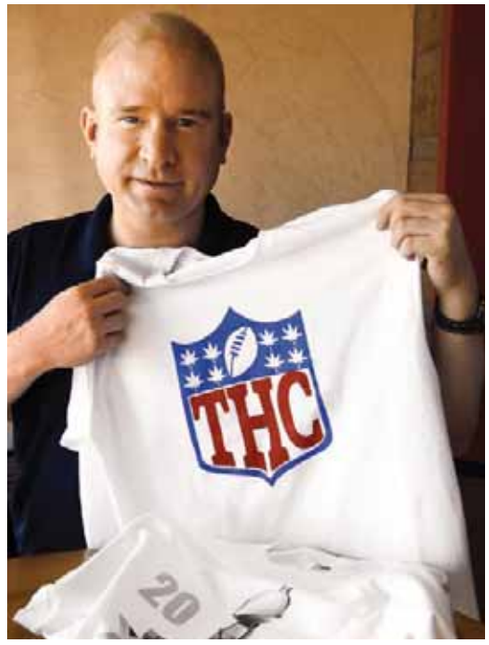
It is investigating whether collecting this data is compliant with the Personal Information Protection and Electronic Documents Act, the federal law which covers the collection, use and disclosure of information in commercial activities.

Bell said its data collection program isn't breaking any federal telecom rules or privacy guidelines and noted that customers can opt out at any time.

THE CANADIAN PRESS

With or without your name

In the U.S., big telecoms Verizon and AT&T also allow their customers to opt out of data sharing, but critics have said that even with personal identities stripped out the information still can be sold to third parties who would get a profile of customers' habits and interests.



Tees, tokes and touchdowns

Bryan Weinman is pictured with Stoner Bowl T-shirts in Denver Friday. Weinman and a few buddies registered the Internet domain www.stonerbowl.org and are using the site to hawk T-shirts and hats celebrating the Stoner Bowl between the Seattle Seahawks and Denver Broncos — the NFL teams from the two states that have legalized pot. THE ASSOCIATED PRESS

Rouge

Air Canada's discount carrier adding routes

Air Canada is adding service to more sun destinations on its low cost Rouge subsidiary this spring and summer as it continues to transfer older aircraft from its main fleet.

The airline said Monday that it will be adding new routes from Toronto and Montreal. THE CANADIAN PRESS

Silk Road site

2 Bitcoin sellers face money laundering charges

U.S. authorities said Monday they have charged two men with conspiring to commit money laundering by selling more than $1 million in bitcoins to users of the black market website Silk Road.

One of the men arrested is the chief executive officer of BitInstant and vice-chairman of a foundation that promotes the cybercurrency. THE ASSOCIATED PRESS

Market Minute

DOLLAR	89.99¢ (-0.32¢)
TSX	13,582.29 (-135.47)
OIL	$95.72 US (-$0.92)
GOLD	$1,263.40 US (-$0. 90)

Natural gas: $4.93 US (-$0.22)
Dow Jones: 15,837.88 (-41.23)

$650M deal. Hudson's Bay gets swish makeover with Saks Fifth Avenue stores

Hudson's Bay Co. plans to open a pair of Saks Fifth Avenue luxury department stores in Toronto, the first such locations in Canada.

The retailer says one store will share space with HBC's flagship store in downtown Toronto, while the second store will be at the Sherway Gardens mall, in the city's west end.

The news came as HBC announced a deal to sell and lease back its main downtown Toronto store and executive offices to Cadillac Fairview for $650 million.

HBC will lease back the properties for 25 years with options to extend the leases nearly 50 additional years.

The company says it will use the cash from the sales to pay down debt and fund growth.

THE CANADIAN PRESS

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THEY'RE JUST NOT INTO YOU

SHE SAYS

Jessica Napier
metronews.ca

While most of us can't imagine going through life without experiencing some form of carnal desire, researchers estimate about one per cent of the population — up to 70 million people worldwide — have absolutely no sex drive. Not in a, "No honey, not tonight. I have a headache," kind of way but an ongoing disinterest in sexual behaviour with members of the same or opposite sex.

According to the Asexual Visibility and Education Network, an asexual person is a person who does not experience sexual attraction. Anthony Bogaert, a professor in the psychology department at Brock University, refers to asexuality as the "fourth sexual orientation," distinct from heterosexuality, homosexuality or bisexuality. Like other sexual orientations, asexuality is classified as an intrinsic part of a person's identity and not something that can be turned on or off.

Some couples might lose interest in sexual activity during particular phases in their relationships — following childbirth or while faced with health problems or personal struggles — but these issues are usually a temporary concern rather than an innate and enduring absence of desire. Asexuals do not choose to abstain from sex for religious or moral reasons; it is not the result of some traumatic childhood event or because they haven't found the right person.

For those who identify as asexual, this apathetic attitude toward sex is much more than just a simple dry spell or an empty vow of celibacy following a bad breakup. Many feel confused and isolated as they come to terms with their asexuality in our hyper-sexualized culture. I can imagine it would be hard not to feel like an outsider in a society where people read erotic paperbacks on the bus and talk about sexual positions in graphic detail over brunch.

It's important to remember that sexuality exists on an extremely vast and complicated spectrum. From pansexuals to polyamorous to demiromantics to autosexuals, there exists a veritable alphabet soup of sexual preferences and expressions.

And while different forms of categorization can be helpful in promoting visibility, educating others and developing a sense of community, labelling shouldn't be done for negative or exclusionary purposes.

Sexual desire might be one of our most basic biological instincts, but that doesn't mean we should judge those who choose to have intimacy without intercourse. Accepting sexual diversity means recognizing the many different forms of attraction and giving others the freedom to embody their own sexuality, even if that means not at all.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hockey, played Down Under

MATT ROBERTS/GETTY IMAGES

Gasp! Not much of a spectator sport

Athletes for Western Australia and Victoria contest for the puck at the 2014 Australian Underwater Hockey Championships on the Gold Coast, Australia. The sport, also known as octopush, was invented in England in the 1950s by a scuba diver as a way of keeping his fellow divers fit and enthused over the winter months. METRO

Water world

- **Teams.** Six players a side, with four substitutes each.
- **Gear.** Snorkel, mouthguard, water polo hat with ear guards, mask, fins, stick, and protective gloves.
- **Breath.** Too deep a breath will make you too buoyant.

Clickbait

TAKARA SMALL
takara.small@metronews.ca

This weather may be testing the patience of millions of Canadians from coast-to-coast but that doesn't mean that your style has to suffer. There are a host of apps that are dedicated to helping you stay stylish without leaving your house because, let's admit it, you're probably more likely to cruise online deals than the malls these days.

@ClothApp:
Use real-time weather data to pull together your outfit for the day. Selflessly snap as many selfies as you want and then choose from a virtual catalogue that pairs your clothes with the weather. Literally the perfect app for rain or shine.

@Stylekick:
Why waste time searching various fashion sites when you can simply snap photos of your wardrobe and then find the right size and style online. With a click of a button you can find clothes that suit your size, which helps a lot since 40 per cent of online purchases are reportedly returned because of bad fit.

GETTY IMAGES

Twitter

@metropicks asked: A brew coming to B.C. costs $150/bottle. What freebies would be required for you to buy the beer?

@funkymagee: Probably about forty-nine other bottles.

@MichaelJSealy: Any freebie that I could come up with to justify 150 bones for a Brewski, would have to do with cleavage and be very naughty :-/

@ChrisGoudge1: Three or four 24s would make it worthwhile

@Adrian_Cgy: bag of weed

@Hanksterific: Nothing!

@FrenchmanCanada: at that price it better pour itself

@etihWynoT: I could see spending $150 & sipping it for a special occasion, but at 28% alc. it should come with G2 & Ibuprofen.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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DVD review

Rush

Director. Ron Howard

Stars. Daniel Brühl, Chris Hemsworth, Olivia Wilde

You'd expect a movie about Formula One racers to cut to the chase, but director Ron Howard takes his time establishing the ego vs. egghead rivalry between 1976 top guns James Hunt (Chris Hemsworth) and Niki Lauda (Daniel Brühl). This is no mere thrill ride by two real-life rival speedsters, although it is certainly that. The film also provides a sobering look at what it takes to be a true champion. When the engines really start, the fact-based story by Peter Morgan (The Queen) locks in. It smoothly shifts gears between involving entertainment and serious drama, seeking to understand the competitive drive to succeed at all costs. The film is highly commercial, but also thoughtful and suspenseful. Do yourself a favour and don't Google the result prior to seeing.

PETER HOWELL

The Fifth Estate

Director. Bill Condon

Stars. Benedict Cumberbatch, Daniel Brühl

Bill Condon adopts the info-dump approach of his subject, WikiLeaks, for this unsteady docudrama. The film combines elements of biopic, thriller and didactic documentary for a story that engages the mind but sometimes overtaxes it. Too much info is hurled at the screen, much of it at a rapid clip that makes it hard to take in. At the heart of it is a sterling performance by Benedict Cumberbatch as brash WikiLeaks founder Julian Assange, who takes the "publish and be damned" ethos to 21st-century heights, shaking world governments with revealed secrets and lies just a few clicks away.

PETER HOWELL

A Great Big World really do have something to say

Ian Axel performs on the runway at the 2013 Victoria's Secret Fashion Show in New York City in November. GETTY IMAGES

Piano pop. Duo has been working together since their days at NYU, but Aguilera's vocals on Say Something changed their lives forever

LINDA LABAN
Metro World News

Singing with superstars and performing with supermodels are just two of the many mind-blowing hookups Ian Axel and Chad Vaccarino experienced last year.

The piano pop duo, known as A Great Big World, performed on The Voice, at the American Music Awards and during the Victoria's Secret lingerie show. However, it was a phone call from Christina Aguilera, asking if she could sing on their song Say Something, that got the ball rolling.

"When we got the call, it was disbelief that went into a panic attack," Axel says. "I knew what this meant; I knew our lives were changed forever."

Still, it was a hookup eight years earlier, while both were studying in NYU's music business program, that put the 28-year-olds on track to the top of the pop charts. Though A Great Big World's seamless harmonies seem like destiny, the union wouldn't have happened if Axel hadn't literally stalked Vaccarino.

"We were put on the same project and I asked him to listen to my songs," says Axel.

"He was like, 'No, I'm too busy, I don't have time for anything else.' He really wanted to practice by himself, but I went to the practice room and looked through all the windows until I found him. I had to be pushy, I had to."

Vaccarino agrees with Axel's assessment: "I was really weirded out by how forceful he was, trying to have my friendship," he says.

The pair both laugh warmly at the recollection.

"Then, when he played me his song ideas on piano, I flipped out. Those concerns went out of the window. I was like, 'Oh my God, I'm so stupid! We should be writing together; we should be friends.'"

The pair say that choosing between their original recording of Say Something and the one with Aguilera was just too difficult, so A Great Big World's debut album, Is There Anybody Out There?, which was released in January, includes both cuts.

"I love both versions," says Vaccarino.

"I was definitely married to the original, but I love what Christina did: I love that she added this female element.

"She made the song more universal than it might have been. You have the two parallel male and female worlds, and they don't come together until the end of the song. It's all harmonized except for that last line.

"It's very dramatic."

Ian Axel, left, and Chad Vaccarino are the duo behind A Great Big World. CONTRIBUTED

Quoted

"I was really weirded out by how forceful he was, trying to have my friendship."

Chad Vaccarino, talking about how Ian Axel 'stalked' him while they were classmates at NYU's music business program.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Serious slip-ups cast SMH shadow over song awards

MELINDA TAUB
Metro World News

The Grammy Awards would like everyone to know how very, very sorry they are about the death of what's-his-name.

Glee star Cory Monteith, who died last summer, was included in the Grammys' In Memoriam montage of musicians lost in the past year. However, the slideshow spelled his name "Cory Montieth."

Listen, Grammys, I know you're a drunken, long-winded stripper of an awards show, but if you're only going to spell-check one thing — one thing — it should probably be the names of deceased people. Maybe next year, have one fewer fake blood cannon and put that part of the budget toward a proof-reader.

Glee isn't the only one with a grievance against the Grammys: Trent Reznor is none to happy with them, either.

Reznor's band Nine Inch Nails gave the awards show's closing performance, along with Queens of the Stone Age, Dave Grohl and Fleetwood Mac's Lindsey Buckingham. Unfortunately, by the end of a four-hour ceremony, not even all that star power could induce people to wait around and listen — the Grammys began to roll the credits during the performance.

Reznor didn't take it lying down. "A heartfelt F— YOU guys," he tweeted.

Prince ALL PHOTOS GETTY IMAGES

This is what it looks like, when Prince sues

Prince is going after some of his fans for posting recordings of some live performances online. According to Radar Online, the singer is suing two California individuals for infringing on his copyright by sharing bootlegs, and he's seeking $1 million US in damages from each of them. "The defendants rely on either Google's Blogger platform or Facebook, or both, to accomplish their unlawful activity," the suit claims, adding that the fans "typically publish posts that list all the songs performed at a certain Prince live show and then provide a link to a file-sharing service where unauthorized copies of the performance can be downloaded." Prince's lawyers say they have found more than 360 such links.

Bey's album is too bootylicious for Michelle

Beyoncé's latest album might be incredibly popular, but at least one of her friends thinks the material's a bit too revealing. Former Destiny's Child band-mate Michelle Williams tells Us Weekly that some of the more graphic songs on the album make for awkward listening experiences. "The makeup artist and everyone was listening to her say these things and I'm like, 'That's private, girl!' We aren't supposed to know all that," Williams says. "But she is married and has produced a baby, and we know what you have to do to produce a baby, so OK!"

Ninety to 95 per cent of the vitamin D in your body comes from sun exposure. ISTOCK

How to get that vitamin D

Can't get enough. Obtaining vitamin D takes some strategies — especially during the winter months

VIRGINIA PELLEY
Metro World News in New York City

You know vitamin D is important for your health, and you've likely read that hardly anyone gets enough of it.

Many studies suggest that maintaining the amount of D recommended by the National Institutes of Health — 30 to 50 nanograms per millilitre in your blood — can help ward off high blood pressure, multiple sclerosis, fibromyalgia, diabetes, depression, some cancers and muscle weakness.

So how do you keep up a healthy level of vitamin D?

The best way is exposure to the sun in warmer months. "Ninety to 95 per cent of the vitamin D in your body comes from sensible sun exposure," Dr. Michael F. Holick, professor of medicine, physiology and biophysics at Boston University School of Medicine, says.

Skin needs to be exposed directly to the sun for your body to make vitamin D. A product with SPF 30 decreases your ability to make vitamin D by 95 per cent. Because dermatologists have been telling us for decades to never expose unprotected skin to the sun's cancer-causing rays, many people are understandably confused about how to get enough vitamin D from sun exposure.

"For some people, it could be 10 minutes, for others it can be 15," says Dr. Houman Danesh, director of integrated pain management at Mt. Sinai in New York City.

How can you get enough vitamin D from the sun during winter? Your body will access the vitamin D in your fat cells, and because most people don't get enough sun to make this crucial vitamin year-round, taking a supplement can also help.

Although the Institute of Medicine recommends 400 to 600 IUs of vitamin D for children and 600 to 800 for adults, Holick recommends 600 to 1,000 for kids, and as much as 2,000 to 4,000 IUs daily for adults. Pregnant and lactating women and the obese need more. Breast milk doesn't contain vitamin D, so Holick says that even breast-feeding infants need a daily supplement.

It's also impossible to get all the vitamin D you need from food. You would need to eat wild-caught salmon and other fatty fish such as mackerel and herring every day to get enough D. Vitamin D is added to many foods, such as milk, juice and cereal, however, and mushrooms can be irradiated with good amounts of vitamin D as well.

Because of conflicting recommendations and research about what vitamin D actually does, "doctors are struggling with who to check, if they should check and when to check vitamin D levels," says Dr. Robert Graham, an internist at Lenox Hill Hospital in New York City. "But I would argue that you need to get tested first to know at what level you are starting with, and figure out how much you need to supplement from there."

Review

Keep track of burned calories with Wii Fit U

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Wii Fit U
Nintendo Wii U
3 ½ Stars
Wii Fit's engaging yoga and aerobics mix is still too reliant on BMI even as it provides excellent balance feedback and, thanks to a new pedometer, calories burned. Be warned, the best dance and game activities now require two controllers.

Did you know...?

Avocados may halt overeating and snacking. Consuming as little as half an avocado during lunch can make an overweight person feel full longer, says a new Loma Linda University health study published in Nutrition Journal. Researchers found a 23 per cent increase in satisfaction and a 28 per cent decreased desire to eat for the following five hours, as compared with the avocado-free controlled lunch meal.

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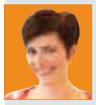

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Dried fruit is to be used sparingly because it is quite calorie dense but, boy, does it add a lot!

High in both potassium and fibre, one or two figs make a great treat. To stretch their flavour and benefits without swallowing a calorie bomb, add them to other dishes.

- Chop figs into salads instead of the more typical mandarin oranges or strawberries
- Add to a smoothie for fibre and bulk as well as sweetness
- Cut in half and simmer 1 cup into 1 cup of water to make a fig paste for charcuterie plates
- Chop one into bits and top a pizza with blue cheese
- Add to a savoury rice pilaf with nuts

Anywhere you need little hit of sweetness, figs can contribute much more than their little shrivelled up weight.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

The secret to preparing kale is to give it a good rinse under running water. Then, hold the rib in one hand and grasp the leaves at the base with the other. Quickly pull your hands in opposite directions to remove the leaves for chopping and discard the stems.

FLASH FOOD

From your fridge to your table in 30 minutes or less

1. Rip or chop kale into bite-sized pieces and place into a large bowl. Drizzle with vinegar and oil. Toss in figs and pumpkin seeds.

2. Toss and let stand at room temperature about one hour before serving. Can be stored in the fridge up to 3 days, covered. It just gets better!

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Ingredients

- 1 bunch kale, rinsed, with ribs removed (about 6-7 cups)
- 2 tbsp raspberry balsamic (or other raspberry vinegar)
- 2 tbsp extra virgin olive oil
- 6 mission figs, chopped
- 1/3 cup roasted, salted pumpkin seeds

Blueberries and quinoa give salad a punch

Ingredients

- 1 pound butternut squash, peeled, seeded and cubed
- 4 tbsp olive oil, divided
- 2 cups water
- 1 cup raw quinoa, rinsed well
- 2 tbsp lemon juice
- 3/4 tsp salt
- 1/4 tsp pepper
- 4 green onions, thinly sliced
- 1-1/2 cups Chilean blueberries
- 3 cups baby arugula

Two of nature's superfoods — fresh blueberries and quinoa — team up with butternut squash to create a salad that's packed with protein, bursting with sweet and tangy flavor, and colourful enough to brighten the drab days of winter.

The protein in this salad comes from quinoa — one cup has a full gram more than is found in an egg.

1. Preheat oven to 450°F. In a large bowl, toss squash with 1 tablespoon of the oil. Spread on a rimmed baking sheet; bake until tender, about 22 minutes; let cool.

2. Meanwhile, in a medium saucepan, bring water and quinoa to a boil; simmer for 15-20 minutes. Remove from heat and cover; let stand 5 minutes. Fluff with a fork; cool.

3. In a small bowl whisk together remaining olive oil, lemon juice, salt and pepper; set aside.

5. In a large bowl combine squash, green onions, blueberries, arugula and quinoa. Drizzle with dressing; toss to combine. Serves six.

Quinoa can also be substituted with couscous.

NEWS CANADA/THE U.S. HIGHBUSH BLUEBERRY COUNCIL

This recipe serves six. NEWS CANADA

Lightning take on SkyHawks in Gatineau

London Lightning guard Darin Mency defends against the Ottawa SkyHawks' Mike Rose on Monday night at Cégep de l'Outaouais in Gatineau, Que. Go to metronews.ca for results from the game. MIKE CARROCCETTO/FOR METRO

Broncos CB: 'I've had my fun in this league'

Super Bowl. Defensive star Rodgers-Cromartie mulling a post-NFL championship career change after six seasons

Dominique Rodgers-Cromartie is 27 years old, right in his prime as an NFL player.

Perfect time to retire.

The Denver Broncos cornerback said Monday he's giving serious consideration to hanging it up after the Super Bowl. He's not burned out, not worried about his health.

He just figures he's had a good run.

"I had a goal of playing five years, and I reached that," Rodgers-Cromartie said.

He's completed six seasons in the NFL, in fact, and could be in line to command plenty of money after making three interceptions in 2013. But Rodgers-Cromartie insisted that depending on how he feels after Sunday's game, he might call it quits.

He even knows what he would do instead of football. He'd go back to college and study psychology to become a guidance counsellor at his old high school.

"I had my fun in this league," he said.

Rodgers-Cromartie came out of Football Championship Subdivision's Tennessee State and figures he wasn't supposed to make it in the NFL at all from a small school, let alone surpass the average two to three years that players last in the league.

He wasn't a typical lower-division prospect, though, selected by the Cardinals with the 16th overall pick in 2008. Rodgers-Cromartie played three years in Arizona and two in Philadelphia before joining the Broncos.

He regularly tells his teammates about his plan.

"They always think I am joking about it," he said.

Even if he sticks around next season, Rodgers-Cromartie can't imagine repeating the feat of fellow Denver cornerback Champ Bailey, who's in his 15th year in the league.

Dominique Rodgers-Cromartie of the Denver Broncos speaks to the media on Monday in Jersey City, N.J. The Broncos cornerback says he is seriously considering retirement after Super Bowl XLVIII. JEFF ZELEVANSKY/GETTY IMAGES

Notes from New Jersey

- **Temperate title game.** The weather forecast for the first Super Bowl in an outdoor stadium in a cold-weather city is nothing out of the ordinary. National Weather Service meteorologist Anthony Gigi said Monday the forecast calls for temperatures to reach a high of 4 C with a low of -3 C. There is little threat of precipitation.
- **Bud bowl.** Seahawks coach Pete Carroll said Monday he supports Commissioner Roger Goodell's message last week that the league could consider medicinal marijuana as a treatment if science proved it could be beneficial for players who have suffered concussions.

Asked about Bailey's longevity, Rodgers-Cromartie exclaimed a curse word in admiration, then added, "He can have that."

THE ASSOCIATED PRESS

Ski cross

One more shot at medal for Del Bosco

Chris Del Bosco has a chance at redemption.

The 31-year-old was among the six athletes named Monday to Canada's ski cross team for the Sochi Winter Olympics.

Del Bosco appeared to have the bronze medal locked up in the men's final at the 2010 Games in Vancouver, but crashed out trying to make a pass to improve his position.

Joining the Montreal skier on the team are Dave Duncan of London, Ont., Calgary's Brady Leman, Kelsey Serwa of Kelowna, B.C., Marielle Thompson of Whistler, B.C., and Georgia Simmerling of West Vancouver. THE CANADIAN PRESS

London Ont., native Dave Duncan in Vancouver on Monday THE CANADIAN PRESS

Slopestyle

Injured gold-medal contender McMorris 'doing better than we all thought'

Olympic gold-medal favourite Mark McMorris is in "great spirits," despite a fall that fractured a rib and nearly derailed his dream.

Don McMorris, the snowboarder's father, says Mark is moving around quite well after the incident during Saturday's slopestyle event at the Winter X Games in Aspen, Colo.

"When we left him (Sunday), he could bend over and touch his toes because of where (the injury) is at," Don McMorris told The Canadian Press on Monday. "You know a cracked rib in the front, you couldn't do that, but where it's at (around the back), he could bend to his toes and could raise his knees up to kind of his chest.

"He was really doing better than we all thought. He's got five or six days before he has to worry about riding and he's got the best people around him."

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't get discouraged if something you attempt does not work out the way you expected it to – it is still good practice and may even take you in a profitable new direction.

♉ Taurus
April 21 - May 21
You have your sights fixed on certain goals and won't give up until you have reached them. However, cosmic activity in the area of your chart that governs dreams and desires warns you to get your ego out of the way.

♊ Gemini
May 22 - June 21
Make an effort to see things as they are, unclouded by wishful thinking or negative expectations. The planets indicate you can achieve more now than at just about any other time.

♋ Cancer
June 22 - July 23
Your confidence is high and you are intensely ambitious, but the planets warn that someone you think of as a friend is jealous of your success and plotting against you. Watch your back.

♌ Leo
July 24 - Aug. 23
Although you think you know what is going on you would still be wise to wait a day or two before making any major decisions.

♍ Virgo
Aug. 24 - Sept. 23
You need to make a serious effort to sort out your problems with partners and loved ones. You may not want to make the first approach but if you do you won't regret it. Show that you are ready to talk things through.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of authority will look on you kindly today. What have you done to deserve their support? Who knows, but you would be a fool not to make the most of it.

♏ Scorpio
Oct. 24 - Nov. 22
Anything of a creative nature will go well, but it will go even better if you make an effort to involve loved ones in what you are doing. Don't let others feel left out. Let them help you.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Aquarius makes you more sociable than usual and that's good because other aspects indicate that someone interesting is coming your way.

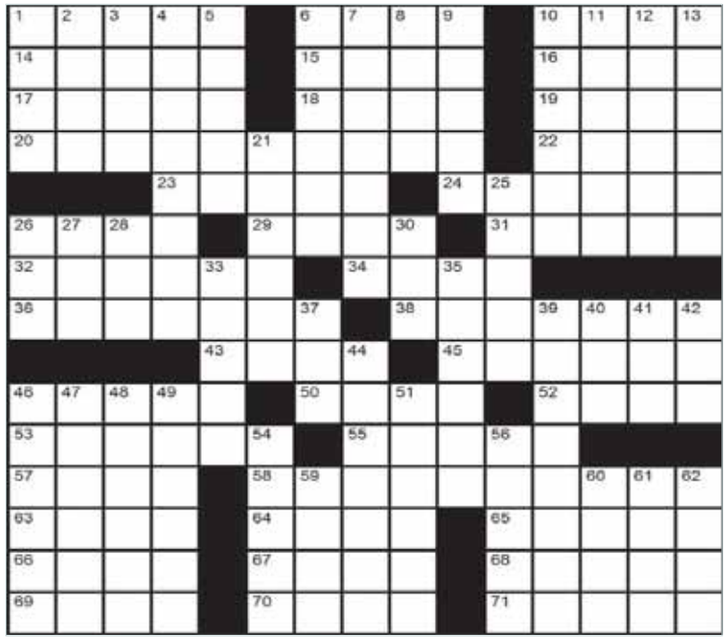
♑ Capricorn
Dec. 22 - Jan. 20
It may seem as if you are at the mercy of events and all you can do is go with the flow but is that the right sort of attitude? You're a Capricorn. You're supposed to make things happen. Show you have not lost your leadership potential.

♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to be impulsive but you may well throw caution to the wind today. And why not? Tomorrow's Sun-Uranus link suggests you can do no wrong.

♓ Pisces
Feb. 20 - March 20
This is one of the most important times of the year for you, especially if you are fed-up with who you are and what you are doing and wish to transform your existence. So, who do you want to be and where do you want to be?

SALLY BROMPTON

Crossword: Canada Across and Down



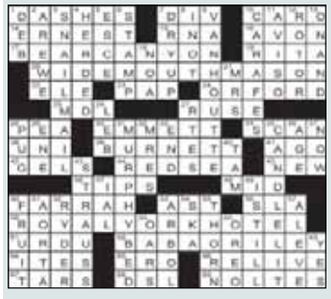
See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Across
1. Squabbles
6. Canned meat
10. Dismal
14. __-on bag
15. Prefix to 'copter'
16. Ms. Olin
17. Once more
18. Designer Mr. von Furstenberg
19. Cdn. competition in 1972
20. Canadian snowboarding great/Olympian, Ross __
22. Honk
23. Polar Bear snacks
24. Odour-ous
26. Some cars
29. 'M' of Canadian writer L.M. Montgomery
31. Beneath
32. Opera legend Mr. Caruso
34. Has tea elegantly
36. Halifax: Mount Saint __ University
38. One of a cute "Star Trek" alien species
43. Just _ __ on the map
45. Bark (as of trees) in French
46. Thick tablets
50. "Star Trek: Deep Space Nine" character
52. Sure signs?
53. Environment
55. "Giant" (1956) ranch
57. Bodily structure, for short
58. Supported the vocalist: 2 wds.
63. Just in case...
64. __ d'Orsay, in Paris
65. Jargon
66. "General Hospital" role
67. Reverse
68. Small hill
69. Attention __
70. Collar type
71. Female fortune-teller of ancient times

Down
1. Boo-boo in Al Pacino's 1983 flick
2. Book leaf side
3. 'A' in UAE
4. Mesozoic Era's first period
5. J.M. __ (Irish playwright)
6. 1962 Tommy Roe tune
7. Winged horse
8. Bunches: 2 wds.
9. Cooper cars
10. __-free bread
11. Flipped the house
12. Footwear accessory
13. Self-sacrificer
21. Kingston-born Celtic singer, Mary Jane __
25. Billboard's concern
26. Mr. Bacon, to pals
27. Pasta suffix, often
28. Prince Valiant's son
30. 'Said' in Sherbrooke
33. Discontinue
35. Ready-made, commonly
37. Pull along
39. Michael __ ("Cityline" chef, a Judge on "MasterChef Canada")
40. William to Harry, for short
41. TV kind
42. Mr. cummings of poetry, et al.
44. Twister
46. The __ (Speed metal band Canadian country star Corb Lund was in)
47. Baseball order to bat
48. 1960 film for Canadian actor John Qualen, "North to __"
49. Werewolf series on Space
51. Part
54. From Sea to Sea: 'A Mari __ ad Mare', Canada's motto
56. Converses

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		2		7		8	
7								6
		2	4		5	3		
	2		7	1	3		9	
	9						4	
	7		6	9	4		2	
		6	5		8	1		
4								2
	1		9		6		3	

Yesterday's Sudoku

8	2	1	3	7	9	4	6	5
7	6	3	4	1	5	9	2	8
4	9	5	6	8	2	7	1	3
6	3	2	8	9	7	1	5	4
5	8	7	1	4	6	3	9	2
9	1	4	2	5	3	8	7	6
3	4	6	7	2	1	5	8	9
1	5	8	9	6	4	2	3	7
2	7	9	5	3	8	6	4	1

Today
-13°/-18°
Partly cloudy

Wednesday
-12°/-14°
Variable

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